

Helpline



Helpline June 2015 Newsletter

Hurricane/Disaster Preparedness - Are You Ready for the 2015 Season?

The Atlantic Hurricane Season begins June 1st and ends November 30th each year. Although the past few seasons have been relatively quiet, we should not wait for a disaster to occur before we spring into action.

Disasters can strike without warning. It is important that you plan in advance what you will do in an emergency. Develop a Family Communication Plan, a Shelter-in-Place Plan, and a Plan to Evacuate.

If you have a loved one with special needs, readysouthflorida.org can help you learn how to register them for special needs assistance at a shelter or medical management facility.

After a disaster, local officials and relief workers will be on the scene, but cannot reach everyone immediately. Your family will cope best by preparing for a disaster before it strikes. One

way to prepare is to develop a Hurricane/Disaster Plan that takes into consideration your family's individual circumstances and needs. Making planning a family project will help ensure that everyone will know their responsibilities, and provide a sense of security.

Key steps to Developing a Hurricane/Disaster Plan

- Learn about your community's emergency plan evacuation routes and locations of emergency shelters.
- Verify if you live in an evacuation zone by visiting www.miamidade.gov/oem or by calling 3-1-1.
- Develop and review family evacuation plan.
- Check and replenish hurricane supplies.

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The Family & Consumer Science Program and the 4-H Youth Development Program has a New Home!!

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- Shop for a 3-7 day supply of water and non-perishable food.
- Store at least one gallon per person per day (two quarts for drinking, two quarts for preparation/sanitation).
- Post emergency phone numbers at every phone.
- Review insurance policies and make copies (ensure that your insurance is adequate to cover your needs in the event of a disaster).
- Prepare a “Family Document Kit.”
- Take an itemized inventory of household goods.
- Take photos of your home inside and out.
- Videotaped documentation of all valuables in home.
- Purchase or prepare a “First Aid Kit.”
- Trim trees early.
- Inspect shutters.
- Make plans for persons with special needs, and pets.

Be Budget Conscious When Buying Supplies



Residents spend hundreds of dollars each year purchasing hurricane supplies. In most cases, people wait until a storm threatens South Florida to purchase supplies, usually resulting in a large expenditure.

Remember it is more cost-efficient to start building your kits early, little by little, using what you already have at home whenever possible. Other tips to keep in mind are:

- Purchase an extra can or box of non-perishable food or other supplies for your hurricane kit during each trip to the grocery store.
- Make use of coupons and sales when available.
- Combine resources with family, friends and neighbors to save money buying in bulk, then divide the items up.
- Make bed rolls from your existing comforters and blankets.

Other Things to Consider

- Buy single serving or one-meal cans whenever possible to avoid waste. Leftovers won't be safe.
- Don't buy a lot of very salty foods such as chips, beef jerky or crackers. These will make you thirsty.
- If you have a way to boil water, buy instant coffee, oatmeal, rice, soup mix and cup-o-noodles.
- Buy instant powdered drink mixes such as Tang®, Kool Aid®, or iced tea. They can cover the taste of treated or stale water.

Maintaining Your Kit

Just as important as putting your supplies together is maintaining them so they are safe to use when needed.

Here are some tips to keep your supplies ready and in good condition:

- Keep canned foods in a dry place where the temperature is cool.

- Store boxed foods in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned items that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.
- Re-think your needs every year and update your list as your family's needs change.
- Keep items in airtight plastic bags and put your entire disaster supply kit in one or two easy-to-carry containers, such as an unused trash can, camping backpack, or duffel bag.



Source: <http://www.fema.gov/areyouready/>

Food & Nutrition *Include Balance Nutrition in your Planning*

Follow the USDA's Food Guidance System

BREAD

- Breakfast cereal, bars
- Crackers
- Nutrition Bars
- Rice Cakes
- Whole Wheat or multi-grain bread
- Dry Pasta
- Melba toast
- Taco shells
- Chips, Pretzels
- Vanilla wafers
- Bread sticks
- Muffins

VEGETABLE

- Canned vegetables & soups
- Canned 3-bean salad
- Mushrooms
- Salsa
- Spaghetti sauce
- Purchase just before storm: fresh carrots,
- Broccoli, etc.

FRUIT

- Canned fruit in its own juice
- Dried fruit
- 100% fruit juice
- Trail mix with fruit
- Packaged: Raisins, Apricots, Cranberries, etc.
- Unsweetened Applesauce

MILK

- Non-fat milk (powdered, canned or shelf stable)
- Ensure
- Puddings
- Nutritional drinks
- Processed cheese spread

MEAT

- Meat soups
- Canned: tuna, ham, salmon, sardines, chill, ravioli, beans (kidney, lima, etc.)
- Peanut butter
- Packaged nuts (unsalted, peanuts, almonds, etc.)
- Beef or turkey jerky
- Vienna sausage

Food Safety During Power Outages

The Food Safety and Inspection Service (FSIS) recommends that consumers take the following steps to reduce food waste and the risk of foodborne illness during severe weather events.



Steps to follow if the power goes out:

- Keep appliance thermometers in both the refrigerator and the freezer to ensure temperatures remain food safe during a power outage. Safe temperatures are 40°F or lower in the refrigerator. 0°F or lower in the freezer.
- Freeze water in one-quart plastic storage bags or small containers prior to a storm. These containers are small enough to fit around the food in the refrigerator and freezer to help keep food cold. Remember, water expands when it freezes so don't overfill the containers.
- Freeze refrigerated items, such as leftovers, milk and fresh meat and poultry that you may not need immediately—this helps keep them at a safe temperature longer.
- Know where you can get dry ice or block ice.
- Have coolers on hand to keep refrigerator food cold if the power will be out for more than four hours.
- Group foods together in the freezer—this 'igloo' effect helps the food stay cold longer.

- Keep a few days' worth of ready-to-eat foods that do not require cooking or cooling.
- Keep the refrigerator and the freezer doors closed as much as possible. A refrigerator will keep food cold for about 4 hours if the door is kept closed. A full freezer will hold its temperature for about 48 hours (24 hours if half-full).
- Place meat and poultry to one side of the freezer or on a tray to prevent cross contamination of thawing juices.
- Use dry or block ice to keep the refrigerator as cold as possible during an extended power outage. Fifty pounds of dry ice should keep a fully-stocked 18-cubic-foot freezer cold for two days.

Steps to follow after a weather emergency:

- Check the temperature inside of your refrigerator and freezer. Discard any perishable food (such as meat, poultry, seafood, eggs or leftovers) that has been above 40°F for two hours or more.
 - Check each item separately. Throw out any food that has an unusual odor, color or texture or feels warm to the touch.
 - Check frozen food for ice crystals. The food in your freezer that partially or completely thawed may be safely refrozen if it still contains ice crystals or is 40°F or below.
 - Never taste a food to decide if it's safe.
 - **When in doubt, throw it out.**
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Financial Action Plan

Steps in Protecting your Financial Interest

- **Withdraw money:** Financial Institutions normally close for at least 2 days after a direct hit. ATMS could be out even longer.
- **Cash and Credit:** Have credit card with at least \$1,000 available. Keep receipts for cash purchases before and after storm.
- **Online or Phone Bill Pay:** If you pay your bills this way, do so before a hurricane hits (even if not due yet). A hurricane can interrupt services, causing you to miss payments and late fees will be charged.
- **Paying by Mail:** Send out payments by mail at least 2 days before hurricane strikes. USPS will not pick up mail 24 hrs. from a pending strike.
- **Confirm Payment:** After a storm, contact those you've mailed payments to and confirm they have received them.
- **Finance Repairs:** Use credit cards to finance necessary minimal repairs and document all transactions.



Be Smart – Protect Your Critical Documents and Valuables

When disaster strikes, your immediate concern will be your safety and the safety of those you care about. Once the immediate danger passes, however, having your financial and medical records and important contact information will be crucial to help you start the recovery process quickly. Taking time now to safe guard these critical documents will give you peace of mind, ensure you have access to essential medical and prescription information, and help you avoid additional stress during the difficult days following a disaster.

Family Document Kit



The first step is to take an inventory of your household documents, contacts, and valuables.

The checklist below will get you started.

- A list of all important contacts – (family, doctors, insurance agents, pharmacy information).
- Housing: lease or rental agreement, mortgage, home equity line of credit, deed
- Proof of occupancy (such as utility bill)
- Financial Accounts: checking, savings, debit cards, retirement, investment
- Insurance Policies: homeowners, renters, auto, life, flood, photos, and list of valuables
- Passports, driver’s license, social security card, green card, other identification, photo ID
- Wills: including living wills and advance directives
- List of medications, immunizations, allergies, prescriptions, medical equipment and devices
- Credit card account numbers and companies

- Vehicle: loan documents, VIN, registration, title
- Stocks and bonds, mutual funds, CDs
- Educational records

Consider storing paper copies of important documents at home in a fireproof and waterproof box or safe, in a bank deposit box, or with a trusted friend or relative.

Store electronic copies of important documents in a password-protected format on a removable flash or external hard drive in your fireproof and waterproof box or safe, or consider using a secure cloud-based service.



Wireless Phones Hurricane Tips

- **Keep your wireless phone batteries charged at all times.**

Have an alternative plan to recharge your battery in case of power outage, such as charging your wireless device by using car charger or having extra mobile phone batteries on hand.

- **Keep your wireless phone dry.**

Keep your equipment safe from the elements by storing it in a baggie or some other type of protective covering.

- **Have a family communication plan in place.**

Designate someone out of the area as a central contact, and make certain that all family members know who to contact if they become separated. Most importantly, practice your emergency plans in advance.

- Program all your emergency contact members and e-mail addresses into your mobile phone.
- **Camera phones provide assistance.**

Take, store and send photos - even video clips - of damaged property to your insurance company from your device.

A Birthday on a Plate



Birthdays are symbolic in any household, but sometimes the birthday celebration can come from the plate itself. On Tuesday, June 2 MyPlate celebrates their 4th birthday, and rather than sending the usual gift all wrapped up in a bow, their birthday wish is to increase healthy balanced plates across the country.

The USDA's MyPlate icon emphasizes fruit, vegetable, whole grain, protein foods, and the dairy food groups to help families and individuals think about building a healthy plate when it comes time to preparing meals. While MyPlate provides the framework for a healthy meal, they also provide the recipe inspiration to succeed. From breakfast to dinner and protein to vegetarian, there is information on MyPlate for every occasion.

MyPlate and Let's Move Celebrate 4th Anniversary

Four years ago the First Lady also launched Let's Move!, to help Americans create a healthier future. To celebrate, first Lady Michelle Obama is asking individuals, families and communities to Show Us How You Move! Use the hashtag#LetsMove to share the steps you're taking to live healthier. From climbing the stairs instead of the elevator to eating more veggies, let the First Lady see how you move.

First Lady Michelle Obama has appeared on many talk shows promoting the campaign.

USDA has worked closely with the First Lady on Let's Move! — from school lunches that are better for you to raising awareness around the importance of drinking more water. MyPlate has been an important part of the initiative. Nutrition is just as important as physical activity to maintaining good health. MyPlate offers resources to support your efforts.

- Use the more than 3,000 MyPlate-inspired recipes on the MyPlate Recipes Pinterest page. This page features an entire board devoted to the 'First Lady's Favorites.'
- Make wise choices with the 10 Tips Nutrition Education Series, one-page handouts that offer simple ideas and solutions. Spanish-language resources are available in the En Español section of ChooseMyPlate.gov.
- Join more than 3.4 million registered users on SuperTracker, a MyPlate online tool to help consumers track their diet and physical activity. The latest enhancement, MyRecipes, allows you to analyze your favorite recipes.



Show the First Lady how you move. Make a My-Plate-inspired meal or snack; be active with family and friends; or create healthy changes in your community and share what you're doing using the hashtag #letsmove. MyPlate can help, every step of the way.

Be an active family

10 tips for becoming more active as a family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing some-



thing active after dinner or begin the weekend with a Saturday morning walk.

2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.

10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.



Summer Vegetable Potato Salad



Ingredients

- 1 pound small yellow or red new potatoes, sliced
- 2 ears of fresh sweet corn, cooked, or 1 cup frozen whole kernel corn, thawed
- 4 roma tomatoes, sliced or cut into thin wedges
- 1/4 cup fresh basil leaves, torn
- 1/4 cup olive oil
- 3 tablespoons balsamic vinegar
- 1 tablespoon finely chopped shallot or red onion
- 1/2 teaspoon Dijon-style mustard
- 1/4 teaspoon sugar
- Salt
- Ground black pepper
- 1/2 cup crumbled feta cheese
- Fresh basil leaves

Directions

1. In a medium saucepan cook potatoes, covered, in enough boiling salted water to cover for 5 minutes or until just tender. Drain and cool. Cut corn from cobs. On a large serving platter arrange potatoes and tomatoes. Sprinkle with corn and the 1/4 cup basil.

2. For dressing, in a screw-top jar combine oil, vinegar, shallot, mustard, sugar, and salt and pepper to taste. Cover and shake well. Pour dressing over potato mixture. Sprinkle salad with feta cheese and basil leaves

Nutrition Facts (Summer Vegetable Potato Salad)

Per Serving: 163 kcal cal., 9 g fat (2 g sat. fat, 1 g polyunsaturated fat, 5 g monounsaturated fat), 8 mg chol., 195 mg sodium, 18 g carb., 2 g fiber, 4 g sugar, 4 g pro.

Percent Daily Values are based on a 2,000 calorie diet

Source: USDA and Florida Department of Agriculture.

Florida Fruit Parfait



Ingredients:

- 1/2 cup vanilla or plain nonfat yogurt
- 1/2 mango - sliced
- 1/4 cup strawberries - sliced
- 1/4 cup blueberries
- 1 teaspoon toasted walnuts

Directions:

1. Layer yogurt and fruit into a shallow glass or tumbler.
2. Add walnuts on top.
3. Freeze for 5-10 minutes and serve very cold.

Source: <http://www.freshfromflorida.com/Recipes/Desserts/Florida-Fruit-Parfait>
